



Fall Term Swim Program

September-November

Southside Community Center (Hill) Pool

Lessons meet 1 day/week for 8 weeks.

I Want Results will meet 2 days/week for 8 weeks.

Fees: \$32/Res; \$37/Non-Res

Parent/Child Classes:

BOBBIN BABES

(Ages 6 Months – 2 Years)

TINY TOTS (Age 2 – 5 Years)

BABES & TOTS (Ages 1 – 5 Years)

Water adjustment for a parent and child with an emphasis on fun, safety and gaining confidence and comfort in the water. The instructor will guide you with songs, games and activities in the water. One adult must accompany each child in the pool. Child must be toilet trained or wear a swim diaper with snug fitting legs.

MONDAYS: 9/27-11/15

	Senior Swim	3:30-4:30
	Open/Lap Swim	4:30-6:30
135150A	Jr. Lifeguard	4:30-5:15
135090A	Teen/Adult	5:30-6:15

TUESDAYS: 9/28-11/16

	Open/Lap Swim	4:30-5:30
135010B	Level 1	5:30-6:00
135100B	Preschool	5:30-6:00
135020B	Level 2	6:05-6:50
135030B	Level 3	6:05-6:50
135110B	I Want Results	7:00-8:00

WEDNESDAYS: 9/29-11/17

	Open/Lap Swim	4:30-5:30
135150A	Jr. Lifeguard	5:30-6:15
135100C	Preschool	5:30-6:00
135040C	Level 4	5:30-6:15
135020C	Level 2	6:05-6:50
135030C	Level 3	6:20-7:05
135050C	Level 5/6	6:55-7:40
135080C	Babes & Tots	7:10-7:40
	Open Swim	7:45-8:45

**Lane available for lap swim upon request and based on attendance*

THURSDAYS: 10/7-12/16 (closed 10/28, 11/11 & 11/25)

	Open/Lap Swim	4:30-5:30
135050D	Level 5/6	5:30-6:15
135010D	Level 1	5:30-6:00
135100D	Preschool	6:20-7:05
135070D	Bobbin Babes	6:00-6:30
135080D	Tiny Tots	6:30-7:00
135110B	I Want Results	7:00-8:00

FRIDAYS: 10/1-11/19

	Open/Lap Swim	4:30-5:30
135080E	Tiny Tots	5:30-6:00
135030E	Level 3	5:30-6:15
135100E	Preschool	6:00-6:30
135010E	Level 1	6:30-7:00
135020E	Level 2	6:15-7:00
	Open Swim	7:00-8:30

SATURDAYS: 10/2-11/20

135010F	Level 1	9:30-10:00
135100F	Preschool	9:30-10:00
135020F	Level 2	10:05-10:50
135030F	Level 3	10:05-10:50
135090F	Level 4	10:55-11:40
135130F	Cardio Circuit	11:00-11:45
	Open/Lap Swim	11:45-12:45

Swim Lessons

PRESCHOOL (Ages 3 – 6)

Experience advanced water adjustment activities, propulsive swimming movements, floating, safety and swimming skills in preparation for Level 1.

LEVEL 1: EXPLORERS (Ages 5+)

Continue with advanced water adjustment, introduction to floating and alternating arms. Level 1 creates a sound foundation for aquatic and safety skills.

LEVEL 2: STARFISH

Expand fundamental aquatic locomotion, unsupported floating, gliding, rhythmic breathing, combined skills, safety and rescue skills.

LEVEL 3: GOLDFISH

Increase swimming skills, introduction to the butterfly, build on locomotion, safety and rescue skills, deep water adjustment, diving, treading water.

LEVEL 4: DOLPHINS

Develop confidence and competency in strokes and safety skills beyond preceding levels. Breath control, swimming endurance, rescue breathing, introduction to breaststroke, sidestroke, elementary backstroke and turning at the wall.

LEVEL 5: SHARKS

Continued work on all strokes and safety. Introduction to flip turns on the front and back.

LEVEL 6: STINGRAYS

Refine strokes for ease, efficiency, power and smoothness over greater distances.

Fall Open Swim Schedule

Monday 9/27-11/15	Senior Swim	3:30-4:30
	Open/Lap Swim	4:30-6:30
Tuesday 9/28-11/16	Open/Lap Swim	4:30-5:30
Wednesday 9/29-11/17	Open/Lap Swim	4:30-5:30, 7:45-8:45
Thursday 9/30-12/16 (CLOSED 10/28, 11/11 & 11/25)	Open/Lap Swim	4:30-5:30
Friday 10/1-11/19	Open/Lap Swim	4:30-5:30, 7:00-8:30
Saturday 10/2-11/13 (CANCELED for Halloween Swim on 10/30)	Open/Lap Swim	11:45-12:45

